

Book Review

***Jung and Moreno: Essays on the Theatre of Human Nature*. Edited by Craig E. Stephenson. Routledge, 2014.**

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In September 2013, a conference was held in Eranos, Switzerland, with the title “Collective and Transgenerational Unconscious in Jungian Psychodrama.” Various international colleagues spoke on this topic. *Jung and Moreno* is an edited anthology that is aligned with this effort. Its chapter authors seem to be affiliated with the Jung Institute in Switzerland founded by Ellynor Barz and her late husband Helmut, who were introduced to psychodrama by Doreen Madden Elefthery, who has herself become a major trainer in Europe. In the past, Elefthery’s late husband, Dean—a psychiatrist—was a major proponent of psychodrama at the American Psychiatric Association; in the late 1970s he was a significant figure in our field.

Chapters in this book were written by Elefthery and Barz as well as Christopher Beach, Siri Ness, and Wilma Scategni, among others. From what I can tell, all have been associated with the Barzes’ training institute in analytical psychology, which also integrates psychodrama as a method.

Both Jung and Moreno died before 1975, but the book seems to overlook much of the work that has been done in the last 40 to 60 years, other than what the authors have done themselves. This is attested by the expansion of the international psychodrama bibliography online, begun by Jim Sacks and carried forward by Michael Wieser in the last decade, almost quadrupling in size in the last 30 years. Many practitioners have developed their work far beyond the vision of these two original pioneers—the authors of the chapters in *Jung and Moreno* being one small example of this.

The chapters attest to the many ways psychodramatic methods can vivify Jungian ideas and, beyond that, generate a more integrative approach to psychotherapy. A similar sentiment is noted in the chapter on psychodrama in the latest edition of Gerald Corey’s (2014) book *Theory & Practice of Group Counseling* (9th ed).

Indeed, the broader field of psychotherapy, once characterized by competing approaches, now more often shows integration. The question more recently seems

to be how we can recognize the best of many different approaches, along with when to use which methods.

Psychodramatically enlivening Jung's analytical psychology leads to some interesting possibilities. For example, Jung's active imagination method is mirrored by Moreno's concept of surplus reality and the techniques that build on that idea. So there's but a small shift from engaging in conversation with the figures of one's dreams through writing or talking about the dialogue to taking that a step further and enacting the encounter. In psychodrama, the main player reverses roles, physically moves over and changes parts with the other, and the person who had played that role shifts to be in the role of the main player. Both tap into the unconscious, Moreno opening a dialogue, at least with the upper layers, those things we whisper to ourselves rather than admit openly. In a psychologically minded, supportive group, such dialogues bring the almost conscious into explicit awareness—a level of mind that allows for conscious comparisons, critique, and reintegration.

While this book shows how psychodrama has evolved considerably since 1975, I find it a bit painful to read, as I notice that the editor and contributors seem either ignorant of or indifferent to the many developments in psychodrama since Moreno's death! Nevertheless, I acknowledge that there are a good many useful elements to be gleaned from the pages in this book, both in the specifics noted in the various chapters and in its support for the trend towards integration. *Jung and Moreno* adds to the many ideas that are cooking in this subfield. I would further encourage outreach and a greater degree of connection between the graduates of the Barzes' program in Switzerland and the rest of the Morenian community, which numbers in the thousands internationally.

Sociologically, it's interesting to notice how this lack of connection is a reflection of the way an approach can work a side branch of a major field and, by neglecting to acknowledge the very existence of that main field, seem to discount not just the people but the literally thousands of books, chapters, and so forth that have been published by people in that field—in this case, Morenian psychodrama—over the last several decades.

In conclusion, I'm pleased to see an exploration of the overlap of Jungian and Morenian approaches, but I would have liked to see more integration of theory and practice regarding aspects of psychodrama and aspects of all the various schools of psychotherapy. So I'm pleased with the bridge building, but this book has an aura of what Jung or Moreno wrote over 50 years ago, conveying little sense that psychology has evolved extensively in that period. We have developed a new appreciation of social psychology, psycholinguistics, cognitive psychology, transpersonal psychology, and hundreds of other psychotherapies that have spun off since the work of these two pioneers.

I guess I would suggest that *Jung and Moreno* be read with a mixture of eagerness and a slight dose of skepticism. Others have touched on many of the insights alluded to; not only are these ignored, but the authors in this book do not seem to have troubled themselves to move much beyond their familiar world to explore what else is being done. On the other hand, there are a number of revisions and considerations that I think many psychodramatists could learn from!

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